

Did you know? Answers in a nutshell!

Part 1 - Personal Discernment

Finding better roads to navigate through life.

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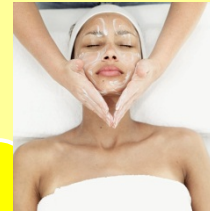
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Personal Discernment



Miscellaneous
Information

Skin – the largest
organ of the body.



Mouth – process
of digestion
begins here



Stomach – it's
job is to break
down food



Nose – the
body's first line
of defense



What are good things for the skin?

- Coconut Oil Tropical Traditions or Dr. Bronner's Coconut Oil



-Witch Hazel Thayers Lavender Witch Hazel with Organic Aloe Vera



- Aloe



-**RAW** Honey



-Skin Brushing



Naturals for the mouth and throat

- Tongue Scraper



- Hydrogen Peroxide



- Organic Toothpaste



- Probiotics for soar throat



Nosey knowledge

- Neti pot - a technique called saline irrigation.



Nosey knowledge

- Nasya - the administration of oil through the nostril.



Nosey knowledge

- Essential Oils – can help open up congested nasal passages & sinuses.



- Breathing difficulties – Eucalyptus, pine
- Colds – Rosemary, tea tree, pine, orange
- Coughing – Peppermint, Rosemary
- Sinus – Rosemary, tea tree, eucalyptus, lavender, peppermint



Nosey knowledge



- Acupressure – is applying physical pressure to acupuncture points with the hands.

Sinus Congestion Acupressure Points



Good things you can stomach!

- Sugar encourages the growth of yeast, suppresses your body's natural immunity and does not combine with anything! Instead of sugar, use Stevia in your tea to satisfy sugar cravings or add it to a glass of lemon water.
- Fermented Foods and Drinks are nutritional "stars" because they are packed with vitamins, minerals and healthy microflora that heal your inner ecosystem. These include yogurt, kefir, komucha and sauerkraut.
- Wait 3 hours after eating a grain-based meal before you have a protein meal. After a protein meal, give yourself 4 hours to fully digest.
- Try not to drink cold water during meals. A cup of warm tea, however, will aid digestion. Avoid ice when you drink water. Stick to room temp water that doesn't shock your body and do not drink for at least 15 minutes before you eat or 1 hour after a meal.
- Probiotics



Good things you can stomach!

Alkalize your body

Acidity has been linked to pain, excess weight and many other health issues. Fortunately, making your body more alkaline (the opposite of acidic) is easy.

The blood in your body is a key regulator and indicator of your overall health. The blood is the medium through which oxygen and other nutrients are delivered to each and every cell in your body. In order for the blood to do its job effectively, it needs to be maintained in a very specific [pH](#) range. Midrange at 7 is where the pH is balanced.

Here are some ways to alkalize your body for more energy and vitality:





Ways to alkalize your body:

- #1** - Drink water, with fresh-squeezed LEMON JUICE, each morning.
- #2** - Drink pure alkaline water.
- #3** – Eat green salads with lemon juice & olive oil.
- #4** - Switch from cow's milk to rice, almond, coconut, or goat's milk.
- #5** – Avoid artificial sweeteners.
- #6** – Choose chicken, turkey or fresh fish.
- #7** – Reduce stress – breathe and visualize.
- #8** – Minimize or avoid processed and refined foods.
- #9** – Minimize or avoid caffeine.
- #10** – Snack on raw almonds, Brazil nuts & walnuts.
- #11** – Get 10 minutes of morning sun each day.
- #12** – Eat the 2 grains that are alkalizing: Quinoa & corn meal.
- #13** – Change your shower water temperatures.
- #14** – Eat Celery.... This is one of the most alkaline foods you can eat.

Good things you can stomach!

Food Combining

- What happens in your stomach and digestive tract is important AND can be the key to long-term health.
- Over time, the introduction of antibiotics, pasteurization and processed foods, along with a lifestyle of constant stress, has damaged our inner ecosystems.
- Proper food combining is a system of eating foods that combine together efficiently to assist digestion so that your digestive tract does not have to work so hard to give you the nutrients you need for energy.
- Foods are considered alkaline, acidic, and neutral, and this should be taken into consideration when combining foods.

Good things you can stomach!

Food Combining Basics

- Proteins digest in an acid base, so the following combinations are good: fruit protein, seeds, nut butters, nuts, legumes, fish, and meat. With these proteins, use green leafy fruit and non-starch vegetables. Brown rice and buckwheat are starches that are neutral and therefore combinable.
- Starches digest in an alkaline base, therefore the following can be combined: moderate and highly starchy vegetables, grains/flours and legumes. These can also be combined with neutral vegetables which include green leafy and non-starchy.
- Acid and sub-acid fruits combine, and they also combine with buckwheat and brown rice.
- Melons should always be eaten alone or in combination with each other.
- Bananas should ALWAYS be eaten alone
- Dried fruits can be mixed.



Miscellaneous insights

- Cosmetics – Environmental Working Group's Skin Deep Cosmetic Safety Database for healthy alternatives - <http://www.ewg.org/skindeep/>
- Deodorants - Antiperspirant deodorant products often contain extremely toxic chemicals and heavy metals (aluminum) that can cause severe harm to the human nervous system.



Miscellaneous insights

A **GMO**, or “**genetically modified organism**,” is a plant or animal created through gene splicing techniques. This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.



Virtually all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit.

Miscellaneous insights



- **Are GMOs safe?**

Most developed nations do not consider GMOs to be safe.

- **Are GMOs labeled?**

Unfortunately, even though polls consistently show that a significant majority of Americans want to know if the food they are purchasing contains GMOs, the powerful biotech lobby has succeeded in keeping this information from the public.

- **How common are GMOs?**

In the U.S., GMOs are in 80% of conventional processed food.

Miscellaneous insights

○ What are the impacts of GMOs on the environment?


Over 80% of all GMOs grown worldwide are engineered for herbicide tolerance. As a result, use of toxic herbicides like Roundup has increased 15 times since GMOs were introduced. GMO crops are also responsible for the emergence of “super weeds” and “super bugs:” which can only be killed with ever more toxic poisons.

GMOs are a direct extension of chemical agriculture, and are developed and sold by the world’s biggest chemical companies. The long-term impacts of GMOs are unknown, and once released into the environment, these novel organisms cannot be recalled.

○ How can I avoid GMOs?

Choose food and products that are organic and/or Non-GMO Project Verified!



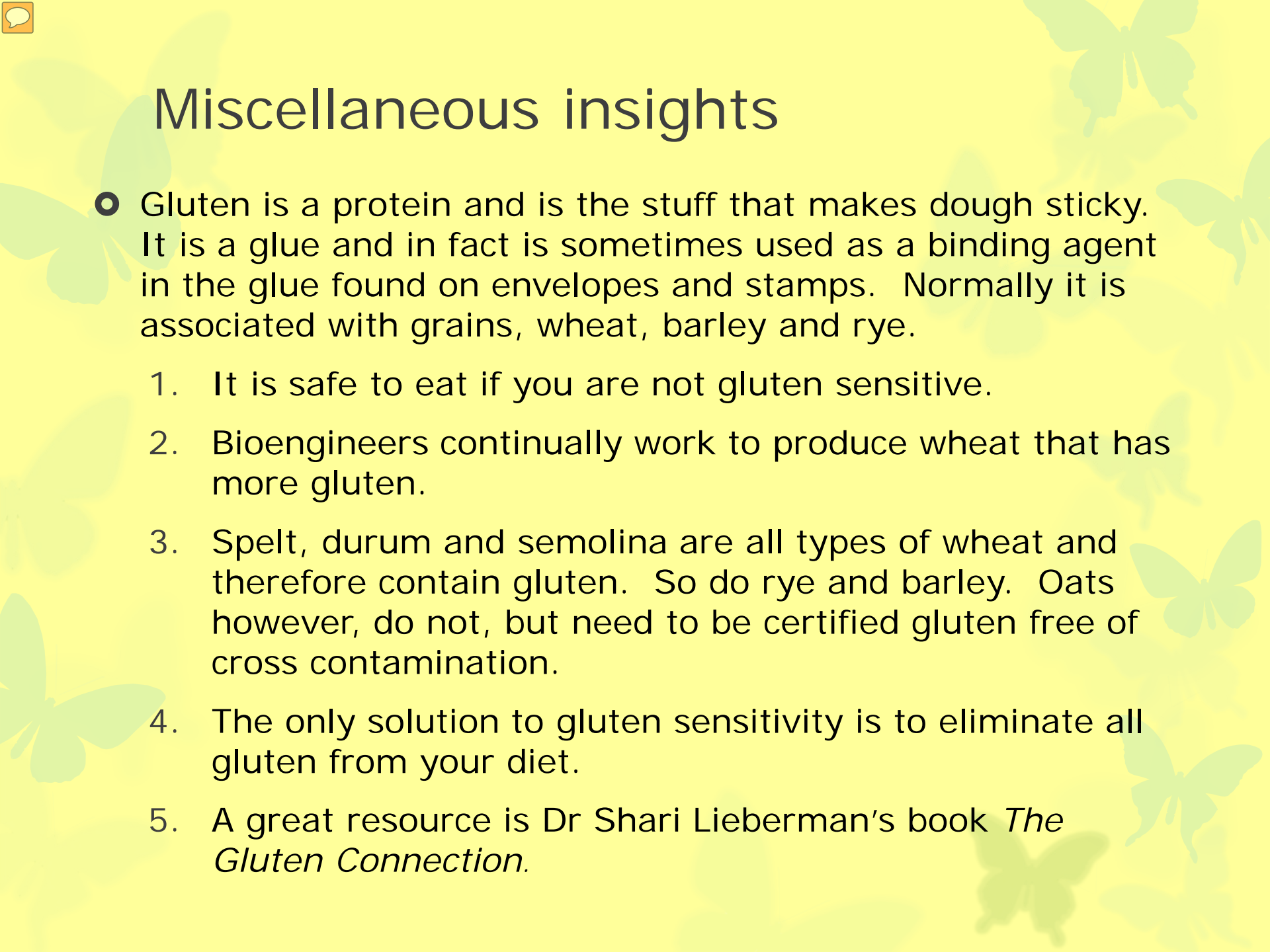


Miscellaneous insights

○ What are the top GMO crops?

1. **Alfalfa** (first planting 2011)
2. **Canola** (approx. 90% of U.S. crop)
3. **Corn** (approx. 88% of U.S. crop in 2011)
4. **Cotton** (approx. 90% of U.S. crop in 2011)
5. **Papaya** (most of Hawaiian crop; approximately 988 acres)
6. **Soy** (approx. 94% of U.S. crop in 2011)
7. **Sugar Beets** (approx. 95% of U.S. crop in 2010)
8. **Zucchini & Yellow Summer Squash** (approx. 25,000 acres)

This data as of December 2011



Miscellaneous insights

- Gluten is a protein and is the stuff that makes dough sticky. It is a glue and in fact is sometimes used as a binding agent in the glue found on envelopes and stamps. Normally it is associated with grains, wheat, barley and rye.
 1. It is safe to eat if you are not gluten sensitive.
 2. Bioengineers continually work to produce wheat that has more gluten.
 3. Spelt, durum and semolina are all types of wheat and therefore contain gluten. So do rye and barley. Oats however, do not, but need to be certified gluten free of cross contamination.
 4. The only solution to gluten sensitivity is to eliminate all gluten from your diet.
 5. A great resource is Dr Shari Lieberman's book *The Gluten Connection*.



Miscellaneous insights

Great natural flu prevention tips

- **Honey** - Specifically, you want to stock up on raw honey, rather than pasteurized.
- **Hot Peppers** - there is no better way to clear your sinuses.
- **Green Tea** - steeped for 3-5 minutes, is loaded with immunity-boosting antioxidants.
- **Garlic & Onions** - Both contain the *allicin*, a powerful flu fighting compound.
- **Ginger** - tea, can help relieve flu symptoms such as headache, sore throat, congestion and chills.
- **Salt** - can stop a budding infection in its tracks.
- **Elderberry Syrup** - Medicinal use of the elderberry goes all the way back to Hippocrates.

BONUS knowledge



- Michael Reed Gach is the go-to doctor on this modality. His website is www.acupressure.com



Miscellaneous insights

- READ labels
- HELP – If in doubt, always ask your doctor. Respected online doctors can be found at www.drweill.com and www.drmercola.com And from a Western and Asian perspective www.askdrmao.com